



MADE FOR WALKING
GOING FOR A STROLL
MAY KEEP YOU AWAY
FROM SNACKS (page 9)

POWER RANGER
NO. 8 BRANDON PRUST
TAKES A BITE OF THE
BIG APPLE (page 3)



SCI-FI OR FACT?
MOVIE FICTION
EDGES CLOSER
TO REALITY

{page 7}

**GOING
OUT OF
BUSINESS
SALE**

Cash & Carry
Depot

UP TO
80% OFF

SEE PAGE 10 & 11
FOR MORE DETAILS!

LONDON

metro®

Tuesday,
January 31, 2012
www.metronews.ca



News worth
sharing.

Grits roll out health-care overhaul

► MPP Deb Matthews pitches 'action plan' at Toronto Board of Trade ► Proposal comes as province looks to trim health spending, \$16-billion deficit ► Opposition slams giving more power to Local Health Integration Networks



**ANGELA
MULLINS**
@METRONEWS.CA

A road map to cut spending while improving health care has too few specifics to suit one local patient advocate.

Jeff Hanks, co-chairman of the London Health Coalition, said it's hard to predict the impact of the Liberals' new plan. "We just have hints of what she wants to do, but we don't know exactly," Hanks said, referring to Health Minister Deb Matthews. "There's not enough detail in any of the plans."

One area lacking, Hanks said, is what form proposed not-for-profit surgical centres would take. "That raises red flags," he said. "Does it mean a (public-private partnership)?"

Others criticized the plan for not spelling out what procedures the clinics would handle.

"What I can tell you is if we can get faster access for patients, if we can get high quality at a lower cost (and) take pressure off hospitals so they can use those operating rooms for procedures that do need to be done in hospitals," Matthews told reporters, "I do know we've got some opportunities here."

At least one thing will be good

Picture of health

Key points in the Liberals' plan to revamp health care in Ontario:

- **Move routine surgeries** out of hospitals and into not-for-profit clinics.
- **Give Local Health Integration Networks** control of family doctors to allow for a "seamless experience" from doctor to hospital.
- **Provide faster access to doctors** through after-hours, same-day and next-day appointments.
- **Shift resources into home care**, moving chronically ill patients out of hospital beds.

for patients, said Michael Barrett, CEO of the South West Local Health Integration Network. Only positives can come from turning primary care over to LHINs, he said. The networks already administer funding to hospitals and co-ordinate other aspects of health care.

"Hospitals are there for an acute episode, but once you leave hospital we want to make sure you have the proper supports," he said. "We need to make sure that those transition points are smooth for a patient leaving the hospital."

WITH FILES FROM THE CANADIAN PRESS



► Health Minister and London North Centre MPP Deb Matthews speaks at the Toronto Board of Trade on Monday as she unveils the McGuinty government's plan to transform health care for Ontario families.

u-need-a cab

limited

Now accepting all major credit cards and debit!

(519)438-2121

1

news



From nuclear terrorism to personal theft, Indy battens down hatches for Super Bowl. Scan code for story.

1 Download the free ScanLife app with your smartphone at 2dscan.com

2 Use your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to m.metronews.ca

On the web at metronews.ca



Twitter's awful recruitment video wants you and your droll wit. Watch at metronews.ca/video

Follow us on Twitter @themetrolondon

Caterpillar seeks court order

MARK SPOWART/FOR METRO

- ▶ Action comes nearly a week after locomotive held up in Ingersoll
- ▶ Company wants to move engine
- ▶ No contract talks scheduled: CAW



ANGELA MULLINS
@METRONEWS.CA

A branch of Caterpillar is seeking a court injunction that would allow one of its locomotives to move out of an Ingersoll rail yard.

Jim Kennedy, recording secretary for Canadian Auto Workers Local 27, said a judge is expected to decide on the matter Wednesday — a week after union members and supporters formed a blockade to keep the engine from moving.

The unfinished locomotive was pulled from London's Electro-Motive Diesel plant before parent company Caterpillar locked workers out Jan. 1, the union has said.

Officials with Electro-Motive Canada, the Caterpillar branch seeking the injunction, declined comment Monday.

Leaders of the Ingersoll blockade believe the locomotive is bound for Salford, which is just outside of Ingersoll. Once there, it is expected to be painted — work that would have been done in London if workers weren't walking a picket line, union representatives have said.

The players

Caterpillar is an Illinois-based company with many divisions. Electro-Motive Canada, the branch seeking an injunction against the Ingersoll blockade, is a subsidiary of Progress Rail Services Corp., which is owned by Caterpillar.

Kennedy said the CAW wasn't caught off guard by the injunction request. "They've been trying to get something to file an injunction on our (picket) line (in London), but we just haven't given them anything to take to court," he said. "Blocking a train, you're not supposed to do that. We understand that."

While he expects Caterpillar to win the court battle, Kennedy considers the blockade a feather in the union's cap.

"We look at it as a small victory. We held it up for a week."

About 450 union workers are on the picket line outside Electro-Motive Diesel. The lockout started shortly after they rejected a contract offer that reportedly called for deep wage cuts and other concessions.



▶ Canadian Auto Workers members, from left, Jim Dafoe, Tyler Rowe, Christine Rowe and Jeff Rowe camp near an Electro-Motive Diesel train (behind them) as it sits idle in Ingersoll.

London cops won't comment on reports of 11% wage hike

METRO FILE

4 The number of years of a tentative agreement between the police board and union. Ratification votes are scheduled for Tuesday and Thursday.

Officials with the London Police Association have refused comment on reports its membership will receive an 11 per cent wage increase over the life of a new contract.

The figure is being quoted by the head of the Windsor Police Association as it's being pressed to accept a wage freeze by the head of Windsor's Police Services Board.

Dan Axford, an administrator with the London Police Association, issued a terse "no comment" when asked if the hike

was accurate.

The London Police Association announced last week it had reached a deal with the police board, retroactive to 2011, but refused to say how much of an increase the deal would provide. **AM980/AM980.CA**



News in brief

Another dog left out in the cold

The London Humane Society is caring for a dog that was abandoned outside the shelter after-hours in frigid temperatures — the second such instance in one week.

Staff found the dog at about 8:30 p.m. Saturday. The dog was brought indoors, warmed up, given food and treats, and treated by vet staff.

Executive director Judy Foster says there's no need for dogs to be abandoned after-hours when the shelter is open 365 days a year. Another dog abandoned at the shelter earlier in the week after-hours is recovering from frostbite. **AM980/AM980.CA**

done after-hours when the shelter is open 365 days a year. Another dog abandoned at the shelter earlier in the week after-hours is recovering from frostbite. **AM980/AM980.CA**

A chance to vote for Woodfield

Think London's Woodfield neighbourhood is great? Now's your chance to prove it.

The area between Richmond, Dundas and Adelaide streets has been nominated for a Great Places in Canada award. Votes will be accepted online through Feb. 29 at cip-icu.ca/greatplaces.

● METRO

Paw. Shake



▶ A four-month-old kitten puts his best paw forward Monday as people peruse cats available for adoption through Animal Aide of St. Thomas-Elgin.

ANGELA MULLINS/METRO

Cuddly kittens up for adoption

The rescue group has set up temporary shop in the former dental office at downtown's Citi Plaza. Cats will be available for adoption there through Friday and during the last week of each month for the rest of the year. Animal Aide arranges homes for about 500 cats each year, operations manager Tony Bouma said. Details are available on the group's website at animalaide.org.

Council to take final action on Storybook move

► Attraction's famed seals, other animals could be headed out of town after Tuesday vote ► Item one of many on loaded city council agenda

City councillors are expected to seal the deal Tuesday on moving the remaining exotic animals out of Storybook Gardens.

Even Coun. Bud Polhill — an outspoken opponent of the idea — isn't holding his breath that the plan will be dashed.

"I think it will pass," Polhill said Monday. "I think I'm outnumbered."

While prepared for defeat, Polhill doesn't expect to let the issue pass quietly.

Instead, he plans to ask a variety of questions, including why city staff haven't presented council with a detailed cost analysis for upgrading animal enclosures at the attrac-

tion. Polhill also wants to know why financial help from the private sector hasn't been sought.

"We can give them a great place, but it costs money," he said.

City staff have said it would cost millions to make Storybook an appropriate setting for the animals, including four harbour seals. Moving the animals to sanctuaries and replacing the enclosures with new hands-on attractions for kids is a better option, staff have said.

Polhill and Dale Henderson were the only councillors against the idea during a committee meeting last week. Others gave the plan high praise, call-

In other news

Councillors have a long agenda for Tuesday's 5 p.m. meeting at city hall, 300 Dufferin Ave. The agenda includes:

► **Market Lane.** A \$650,000 proposal to overhaul Market Lane, an alley that runs between Dundas Street and the Covent Garden

ing it a "win" for the city and the animals.

Still, Polhill thinks London will lose a bit of its history if the animals — especially the seals — are gone.

"I understand the animal rights people, and I

Market.

► **Heritage.** Leaving two buildings with heritage value standing when demolition starts on the former South Street Hospital lands.

► **Murals on walls.** They'll also look at a program that would promote murals on the exterior walls of downtown businesses.

sympathize with them. I have fond memories of that place and ... I think my grandkids will have fond memories of it too," he said Monday. "But, I don't want it to be just memories."

● ANGELA MULLINS

Brandon Prust not surprised at Rangers' success

Surprised? Brandon Prust isn't.

Not many NHL observers would have pegged the New York Rangers to be first in the East at the all-star break, just a point behind the Detroit Red Wings for first overall — with three games in hand.

But Prust has seen this before. The London native was on the Knights' Memorial Cup championship team in 2005. He's seen teams gel in the room and improve on the ice.

"We knew we had the potential to do this," Prust said about the Rangers. "One thing that's similar between us and the Knights is we've been growing together. In London, we were built and we grew together as a team, and we're doing that here."

The locals are noticing the play of New York's No. 8. Prust, 27, won the Rangers' fan-voted extra effort award last season. And since coming to New York in a February 2010 trade with the Calgary Flames, the rugged winger has even caused the odd double take at the coffee shop.

"Last year or the year before, you could walk around and no one was going to recognize you," said Prust, who lives about five minutes from Madison Square Garden in Manhattan's West Village. "But just going out for coffee across the street, people come up

Local talent

Facts about Brandon Prust:

- **Games.** Leads the Rangers with 92 penalty minutes in 47 games.
- **Short-handed.** Of his two goals this season, one came short-handed.

MIKE ARSENAULT/FOR METRO



► Brandon Prust

to me sometimes. ...

"It's cool. New York's a huge city, and you'd never think you'd get recognized. But the people love their hockey here in New York."

As for his personal second-half goals, Prust would like to see more second-half goals.

"Just lately, I'm starting to get a lot more ice time," said Prust, who has two goals this season after a career-high 13 in 2010-11. "I'm starting to get some confidence back, some of the confidence that I was playing with last year where you're playing so much you don't even think about it, everything happens naturally."

● JIM REYNO

London Rippers set Fanfest date

The London Rippers baseball club will have a fanfest Feb. 25 and 26 during the Sports and Recreation Show at Western Fair District. Fans will be able to meet coaches and participate in clinics. Game tickets and merchandise will also be available. Admission is \$5. Visit londonrippers.com or westernfairdistrict.com for details.

● ANGELA MULLINS

Nominations sought at Hall of Fame

Nominations are being accepted for 2012 induction into the London/Middlesex Sports Hall of Fame. Nomination forms are available on the London Sports Council website (london-sportscouncil.ca). Nominators are asked to provide basic information about their nominee as well as a list of sporting accomplishments, supporting documentation and a photo. ● METRO

Richardson named coach of the month

The National Basketball League of Canada announced Monday that London Lightning head coach Micheal Ray Richardson has earned coach of the month honours for January.

This is the second time Richardson has earned this honour. He was previously named coach of the month for November 2011.

In January, the Light-

ning achieved an 8-2 record, and are on pace to not only receive a post-season berth, but to also receive home-court advantage throughout the playoffs. ● METRO



► Michael Ray Richardson

MIKE ARSENAULT/FOR METRO

Girl-style bullying vs. boy-style bullying



► Mean Girls' Regina George (Rachel McAdams), left, is a master of manipulation when it comes to social bullying, while The Karate Kid's Dre Parker (Jaden Smith), is physically bullied by his tormentors, who possess strong kung fu skills.

► The bullying may not always look the same, but both boys and girls bully — from name-calling to pushing, shoving and rumour mongering

STEPHANIE ORFORD
LONDON@METRONEWS.CA
FOR METRO CANADA

Everyone knows that girls pass mean notes and use the silent treatment when they bully, while for boys, it's as simple as a punch in the face, right? Not quite.

The facts about girl and boy bullying might surprise you.

According to statistics from PREVNet, a national network against bullying, there are more similarities than differences between boys and girls when they bully.

Boys tend to bully more frequently and more physically than girls, but when it comes to social bullying, boys and girls bully at about the same levels. However, that social bullying may look different between the genders.

While boys who bully are sometimes not part of the in-crowd, girls who bully are often powerful in their peer groups, said Wendy Craig, a psychology professor at

Differences

- 18% of boys and 12% of girls in Canada report having been a bully 2 or more times in previous months.
- Boys are more likely to bully than girls, across all age groups, in 40 countries studied.
- Boys tend to use physical aggression and sexual harassment more than girls.
- Girls may be more likely to experience victimization.

Statistics from PREVNet



Dating bullying

- Girls and boys show similar levels of physical or social aggression in the context of adolescent dating.
- Girls tend to report using slightly more physical aggression than boys did.
- Indirect aggression toward a romantic partner, like ignoring and excluding, is reported more frequently than physical aggression, but seems to occur more often in later adolescence.

Pepler et al. (2006)



Queen's University and scientific co-director of PREVNet.

"That type of bullying is about hurting relationships, which are really central to girls' identity," Craig explained. Peer-group bullying can also make girls who are bullied less likely to report and retaliate because they want to regain acceptance.

"Boys are not as likely to have that popularity component," said Craig. "They

are more likely to do the direct face-to-face kinds of things, whereas girls are more likely to be more anonymous or indirect," she said.

Male social bullying might look a little different, agreed Gurvinder Singh, an adviser for the Canadian Red Cross on international violence prevention.

"It might be on the sports field playing football ... but a lot of the same dynamics are occurring,"

Singh said.

Craig said that we often make the mistake of overlooking social bullying because it's harder to detect and address than physical bullying.

With social bullying, "it's difficult to get witnesses to corroborate that story," said Rob Frenette, executive director and co-founder of Bullying Canada. Witnesses often fear retaliation, he said.

Whether bullying is social or physical and perpetrated by boys or girls, bystanders play a critical role. Singh said children who bully can be just as influenced by their peers as those who are being bullied, so bystanders should make it known that they won't tolerate the bullying.

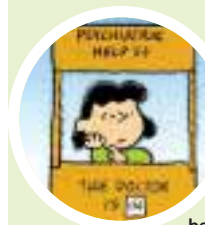
Singh said when peers intervene, bullying often stops immediately.



What's more hurtful — social alienation or physical bullying? Tweet us @themetrolondon

TV bullies

Television shows us that behind the front, bullies are mostly insecure poseurs, desperately in search of love and their peers' approval.



Lucy Van Pelt

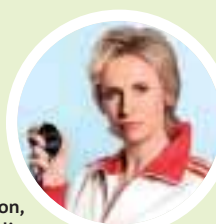
The Doctor is in since 1952

The Peanuts' resident psychiatrist is the meanest holder in football history. She sells fake field goals so well that even the kicker, invariably Charlie Brown, thinks the play is to get the ball through the uprights. Lucy's disdain for beagle slobber is outweighed only by her loathing for the Great Pumpkin. Weakness: Lucy's tough façade melts faster than an ice cube in a volcano when she's around strapping piano man Schroeder.

Sue Sylvester

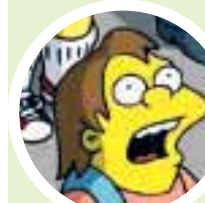
Rocking tracksuits since 2009

Whether she's conspiring to take down the glee club by having one of her henchmen exchange their plane tickets to New York for a flight to Libya, or simply mocking the latest addition to Will Schuester's vast vest collection, Sue's acerbic wit and deadpan delivery are the bane of McKinley High. Weakness: Sue is prone to bouts of kindness triggered by memories of her late sister Jean, who was born with Down syndrome.



Nelson Muntz

Haw-hawing since 1990



Springfield Elementary's crown prince of doling out wedgies and playground poundings, Muntz and his goons often make Millhouse, Martin and even Bart cower in his presence. Muntz doesn't constrict his acts of intimidation to the student body, often turning his wrath toward adults and authority figures like Principal Skinner. Weakness: Nelson's crush on Lisa and his desire for acceptance can overpower his bullying compulsion.

Simon Cowell

Crushing aspiring singers' dreams since 2001

From the U.K.'s Pop Idol to American Idol to The X-Factor, the smug talent spotter is at his best in the early rounds of singing competition shows, when he gets to eviscerate hapless tone-deaf contestants. Giving the other judges grief for their misguided appraisals is a Cowell trademark, and he's got picking on Paula Abdul down to a science. Weakness: While Cowell's incisive critiques are often spot on, the man in the black V-neck can often fall under the spell of a beautiful woman for whom his ears will temporarily become more forgiving.



MIKE DOJC
FOR METRO CANADA

Wednesday in Metro: Cyber bullying

In the final installment of our three-part series:

- Has Facebook allowed bullying to continue beyond the school bell?
- The stay-forever online world means not just victims could be haunted by past torments.
- Tips on making amends.
- We hear from you: Readers share their views on bullying.

NORTHERN TRAGEDY

RCMP probes deaths

Five people, including two school-age children, were found dead at a home in a Whitehorse suburb Sunday, but the RCMP said they do not suspect foul play.

The bodies of the children, their parents and a

male boarder were discovered by a family friend who had gone to check on the house in Porter Creek.

Firefighters called to the scene first entered the house using breathing apparatus, but later deemed it safe to go in without the equipment.

Sgt. Dan Rogers said the deaths are not suspicious, but he would not say whether air quality, such as carbon monoxide poisoning, was to blame.

THE CANADIAN PRESS

Climate change drying up forests

Research shows northern forests in the three Prairie provinces are drying up from drought caused by climate change, while the eastern boreal forest is holding its own.

A paper published Monday suggests the forests of Alberta, Saskatchewan and Manitoba are already emitting more greenhouse gases than they absorb.

THE CANADIAN PRESS

Global warming

The findings are bad news for those counting on forests to suck more carbon out of the atmosphere through growth than they emit as trees die. Data suggests eastern forests emit about as much carbon dioxide as they absorb, but that's no longer the case in the West.

More killer whales in Nunavut

Researchers say melting Arctic sea ice is enticing more killer whales to Nunavut waters where they are competing with Inuit hunters for food and threatening to replace polar bears as the North's top predators. THE CANADIAN PRESS

Boy left on school bus for 7 hours

A school bus driver has been suspended indefinitely after a boy, 4, was left on a bus for nearly seven hours. The child was found in Lac La Biche, Alta., last Thursday suffering from slight hypothermia and dehydration. THE CANADIAN PRESS

Harper takes off the comfy sweater vest

► Conservatives take tough stance as MPs head back to House of Commons

A winter parliamentary session that many have predicted will be a donnybrook began Monday with the gloves still on, and the only jersey askew being a powder-blue sweater vest.

"Very, very clearly, this government has taken off the sweater vests," said Peter Julian, the NDP finance critic. "They've taken off any pretence of moderation and a responsible approach to public policy."

The Conservative government, which spent last fall clearing a number of long-standing legislative promises, wades into 2012 giving clear signals of a more far-reaching agenda.

With deep spending cuts, pension reform, a new copyright act, changes to environmental assessment reviews, an end to the long-gun registry and tough criminal justice reforms all on deck, the opposition will have plenty to chirp about.



► People make their way toward the Centre Block of Parliament Hill as business resumes following the winter break in Ottawa on Monday.

All signals point to Finance Minister Jim Flaherty rolling out the kind of tough, transformative budget that Liberal Paul Martin unveiled in 1995 in Jean Chrétien's first majority government.

The Conservatives may be betting that short memories and an improving economy — and perhaps a reopened federal spending spigot come 2014 — will be enough to win over voters angered by this year's

tough medicine.

Deep cuts will rattle the public service and affect some government service delivery, but it is Harper's promise to tackle Old Age Security that is raising the most ire. THE CANADIAN PRESS

SEBASTIAN SCHEINER/THE ASSOCIATED PRESS



► John Baird

Baird kicks off visit to Israel

Canada firmly backs the call by Israel's prime minister for the Palestinians to resume peace talks without conditions.

Foreign Affairs Minister John Baird threw Canada's support behind Israeli Prime Minister Benjamin Netanyahu in a major

speech Monday in Jerusalem — one day after Netanyahu and Palestinian President Mahmoud Abbas publicly blamed each other for stalled peace efforts.

Baird took that message to the Palestinian territories later Monday where he met with Abbas. Baird

urged the Palestinian leader to make peace, recognize Israel and return to the negotiating table.

For months, Israel and the Palestinians have been holding exploratory talks mediated by Jordan to find a framework for formal negotiations. THE CANADIAN PRESS

Tech firms battle phishing

Google, Facebook and other big tech companies are jointly designing a system for combating email scams known as phishing.

Such scams try to trick people into giving away passwords and other personal information by sending emails that look as if they come from a legitimate bank, retailer or other business.

To combat that, 15 major technology and financial companies have

15%

According to Google, about 15 per cent of non-spam messages in Gmail come from domains that are protected by DMARC.

formed an organization to design a system for authenticating emails from legitimate senders and weeding

out fakes. The new system is called DMARC — short for Domain-based Message Authentication, Reporting and Conformance.

DMARC builds upon existing techniques used to combat spam. Those techniques are designed to verify that an email actually came from the sender in question. The new system asks email senders to share information about the messages they send and receive. THE ASSOCIATED PRESS

Housing market won't crash: BMO

Canada will likely avoid a crash or serious correction in its "somewhat pricey" housing market, with the possible exception of Vancouver, says a new paper from the Bank of Montreal.

The analysis by BMO economists suggests

alarms about Canada's housing market are exaggerated or simplistic.

"The main takeaway is that the national housing market appears somewhat

pricey, but is far removed from a bubble," said economists Sherry Cooper and Sal Guatieri in the report released Monday.

THE CANADIAN PRESS

Market moment

TSX	Dollar	Oil	Natural gas 1,000 cu ft
- 30.0 (12,436.4)	- 0.21¢ (99.72¢ US)	- 78¢ US (98.78¢ US)	\$2.71 US (- 4¢ US) Gold contracts \$1,731 US (- \$1.20 US)

TAKING A PAGE OUT OF TEEN FANTASIES

SHE SAYS ...

JESSICA NAPIER
METRO



I got a pimple last week. An embarrassing middle-of-the-face kind of situation. The type of blemish that would be the subject of an entire subplot on a sitcom in the early 1990s. I haven't had a proper pubescent breakout in a few years but my recent dermatological issues seem appropriate given the fact that I've been spending a lot of my leisure time thinking about teenagers (no, not like that).

Unless you were one of those genetically blessed wunderkinds that peaked in high school, your teenage years were probably the most awkward period of your life. And yet, despite all the terrible realities of adolescence — the acne, the unrequited crushes, the cliquy Mean Girls — we seem completely obsessed with capturing every single moment of this unfortunate phase and putting it on television.

I hate to admit it, but I know I'm not the only 20-something who finds shows like *My Super Sweet Sixteen* and *Teen Mom* to be equal parts horrific train wreck and totally engrossing must-see TV.

And this isn't just an MTV phenomenon. When done well, compelling teen-centric shows like *De-grassi* (in all its incarnations) can transcend their target demographic and captivate a much wider, older audience. Coming-of-age kids and their misguided life choices are television gold, but they're even better off-screen.

From *Harry Potter* to *Twilight* to *Gossip Girl*, more and more well-read grownups are slipping off book jackets and covertly skimming hardbacks plucked from the shelves of the Young Adult section. The *Hunger Games*, that dystopian world-meets-teen-angst trilogy that everyone keeps talking about, has spent over 100 consecutive weeks and counting on the New York Times bestseller list and it's not just babysitting money keeping it there.

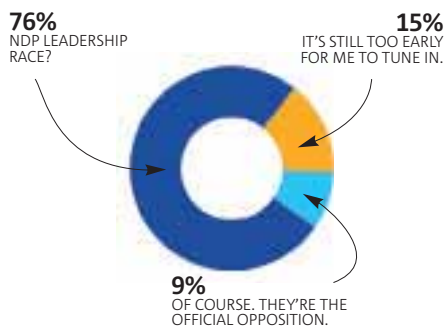
I know plenty of smart and successful people in their 20s and 30s who spend hours dissecting novels geared toward the 13- to 17-year-old set — devouring these addictive page-turners at rapid speed (not a difficult task when you're reading size-16 font) and using hushed voices to postulate over the predictable love triangles.

We all deserve a break from adulthood every once in a while. Indulging in teenage pursuits, whether in sexy sci-fi fantasy lands or all-too-real reality shows, provides a nice distraction from our real-life responsibilities. However, when I find myself swooning out loud over a barely legal actor playing a teenage werewolf, I know that maybe it's time to grow up.



Register at
metropolitanpanel.ca
and take the quick poll

Have you been following the NDP leadership race?



Local tweets



@TwoRealtors:
Wondering if you know any-

one who would like to move into your neighborhood? It's kind of like a pick your own new neighbor program. #ldnont

@Speedlines: After a stupendously dee-licious meal Saturday (for London-licious), my hubby and I have decided @Garlics is our favourite #LdnOnt resto!

@Samantha_Neath: Just touched down in London town #ldnont had a great weekend with the boy.

Back to reality.

@stevenbuechler: Hates being woken up by the rumble of the snowplow at 3 am #ldnont

@paulmcmann: I cantt wait to be done school! Or atleast until I go to college #fanshawe #partyhard #policefoundations

@eh_c: Ugh. UWO/Western is fully moving our domain from uwo.ca to westernu.ca. Hilarity ensues. #UWO #UWOproblems #LdnOnt @westernu

@PowerofGiggle: Anyone have a favourite gelato place in #ldnont?

Daily Zoom



Valet parking, German style

Robotic car silo parks your ride

WOLFSBURG, GERMANY.

Don't bother getting your car out of the parking complex — this robotic building does it for you!

Car buyers can pick up their new ride from this futuristic garage. The two 20-storey CarTowers have been called the "landmark" of Autostadt, a theme park inside Volkswagen's main car factory complex. ●MWN

1.5

metres per second — the speed the cars travel when lifted up into the towers. Every day some 600 cars are picked up from the two CarTowers by their new owners, making it the world's largest vehicle delivery centre.

Weird carparks

- Umihotaru, Tokyo:** This rest/parking area is an artificial island that joins a bridge and tunnel.
- Michigan Theater, Detroit:** Once a concert hall: Chandeliers gone, but ornate plaster ceiling remains.
- Parkeringsbåt, Gothenburg, Sweden:** Floating parking boat dips below waterline when full.

Stacking cars for customers

HOW IT WORKS. New cars arrive from the production facility on robotic skids that transport them through a 700-metre underground system of tunnels.

After they reach the storage silos, they are hoisted up to a shelf where they are kept until picked up by the customer, usually within 24 hours.

●MWN

Science fiction or fact?

The Great Digital Film Festival

For more information on the Great Digital Film Festival, visit cineplex.com/Events. Catch InnerSPACE every Monday through Friday at 6 p.m. ET on SPACE.

► Metro, SPACE and Cineplex have teamed up to present the Great Digital Film Festival starting Friday and running through Feb. 9. We asked InnerSPACE host Ajay Fry to take a look at the technology in sci-fi films to see how close they are to being reality



The Terminator (1984)

In 1984, James Cameron's *The Terminator* terrified audiences with the introduction of an unstoppable Cyborg killing machine from the future. Now, almost 30 years later, we don't have any cyborg killing machines (yet!), but humanoid robots are walking upright, learning and talking. One robot recently joked about plans to open a "zoo for humans" (I hope it was a joke!).



Back to the Future (1985)

In late 2010, the Internet was abuzz over a photo of a 'time traveller.' It was actually a frame grab from a 1928 film purportedly featuring someone using what appeared to be a cellphone. If you could travel to the past, why not visit 1985 so you could make a cameo in *Back to the Future*, the film that introduced us to the joys and pitfalls of Time Travel?! 1.21 Gigawatts!



RoboCop (1987)

Set in the near future, 1987's *RoboCop* features a cyborg protagonist who takes on Detroit's festering criminal underbelly. While we've still got some time to wait for robotically-enhanced beat cops, in recent years police have started using robotic surrogates in dangerous situations. Last summer, a suspect's trailer home was burned to the ground by a gas-grenade packing police robot in Tennessee.



Jurassic Park (1993)

Jurassic Park asked audiences a hypothetical, ethical question: If we can clone dinosaurs, should we? Now almost 20 years later we're soon going to need an answer. In 2009, scientists successfully cloned an extinct species of mountain goats. And last year, dinosaur feathers preserved in amber were discovered in Alberta. Morality aside, I'll be first in line to see real-life dinosaurs.



Shaun of the Dead (2004)

Shaun of the Dead launched the Romantic Comedy Zombie or 'RomComZom' sub-genre of film, and the zombie craze has only grown in years since. In 2009, students at the University of Ottawa created a mathematical equation to determine the survivability of a zombie uprising. I'd fight to survive the onslaught if it meant I could watch Shaun again on the big screen.



Serenity (2005)

Set 500 years in the future, this film follows the crew of the spaceship *Serenity* as they sneak between numerous planets to protect a mysterious young woman named River. Since 2005, the number of confirmed exoplanets has nearly quadrupled to over 700, and scientists now suspect that each of the estimated 300 billion stars in our galaxy may have at least 1.6 planets in orbit.

2

scene

Scene in brief



ABBA fans will soon be saying "Thank you for the music" again with the release of a new track on a special edition of the '70s pop group's *The Visitors* album. The album, including a new track *From a Twinkling Star* to a *Passing Angel*, is the first official new release by the Swedish group in 18 years. Universal Music Group spokeswoman Mia Segolsson said Friday that the special edition of "The Visitors" - originally released in 1981 - will be available in stores from April 23. ABBA — Agnetha Fältskog, Benny Andersson, Björn Ulvæus and Anni-Frid Lyngstad — split in 1982. The band has never reunited.

THE ASSOCIATED PRESS



Journey to Oscars begins at the theatre for Canadian makers of *Monsieur Lazhar*.

From dating George Clooney to Steve-O?

► Rumours swirling that Elisabetta Canalis and former Jackass star are an item



► Elisabetta Canalis

We heard the Elisabetta Canalis/Steve-O rumours a couple weeks ago, but we were willing to ignore them. After all, what would George Clooney's recent ex be doing with one of the Jackass guys?

As it turns out, dating him.

In a video from TMZ, the Dancing with the Stars contestants are caught leaving a salon together in L.A. before escaping to Steve-O's car.

Not only is she dating Steve-O, she is demurely declining to comment in paparazzi central — the B-team Hollywood equiva-

lent of moving to a good school district and buying a minivan.

Thing is though, Steve-O doesn't look too bad these days.

He's no longer putting fishing hooks through his cheek and jumping into shark-infested waters — this happened, and we all share some blame — and has been sober for a couple years. He's a vegan, and judging from his anti-fur ad for PETA, has a pretty cute vegan butt.

Wait — what is Steve-O doing with George Clooney's ex?

● MONICA WEYMOUTH



► Steve-O

J.Lo on marriage: 'I don't know'

With her divorce yet to be finalized and her relationship with dancer Casper Smart still in its infancy, it might be a bit soon for Jennifer Lopez to think about tying the knot again — but that didn't stop Matt Lauer from asking, "Do you think you'll marry again?" during Lopez's visit to the Today show.

"I don't know. I don't know. I don't know. We'll see. I mean, I don't know," Lopez responded. "It's not time to think about that yet. It's still fresh."

● METRO



Jennifer Lopez

STRESSED ABOUT PAYING FOR SCHOOL?

GET FREE TIPS ON FINDING SCHOLARSHIPS



Register at:
SCHOLARSHIPSCANADA.com/Events

Rumer parties hard with mom?

Further analysis of the 911 call made after Demi Moore went into convulsions when she "smoked something" suggests that her daughter Rumer Willis might have been among the revellers present, according to TMZ.

During the frantic call, the man on the phone can be heard saying, "Hey, Ru, what's the name at the gate so that we can buzz



► Demi Moore

them in from here?"

There's been no confirmation that Rumer was at

the house at the time, but she has been hanging out with her mom a lot.

"Rumer's spent more time with her mom in the last few months than she has in a while," a source says.

In fact, at each instance of Moore's hard partying in the wake of her split from Ashton Kutcher — hitting up nightclubs in Hollywood and poolside resorts in the Caribbean — Rumer has reportedly been at her mom's side, partying right along with her.

● METRO

Elton throws another shot at Madge

Elton John's ongoing media fight with Madonna continues.

During a Good Morning America interview Monday, he was asked what advice he had for her Super Bowl halftime performance.

"Make sure you lip sync good," he responded.

A good one, for sure. But it would have been a little sharper if he wasn't promoting the Pepsi Super Bowl commercial — that would be **commercial**, not half time show — that he



► Elton John

stars in with some random X Factor contestant.

Moments like these, Sir

Elton, is what Madonna eats for breakfast.

● METRO



► A new study shows that taking a quick walk can help cut down the desires to hit the snacks.

Walk, don't snack

► Taking a short stroll may stop those impulses to reach for a treat



CELIA MILNE
LIFE@METRONEWS.CA

Bored at work?

Stressed?

Mindlessly reaching for chocolate?

Try going for a wee walk instead. A new study in the U.K. has found that taking a quick 15-minute walk cuts down on chocolate consumption by 50 per cent.

Researchers at the Uni-

versity of Exeter invited 78 chocolate fiends to come to a simulated work environment after abstaining from eating chocolate for two days.

They gave all subjects some work to do. Beforehand, half of the subjects had gone for a quick walk and the other half had rested. Chocolate goodies were available to everyone in the study while they worked. Those who had exercised before working

ate on average half as much chocolate as the others, about 15 grams, compared to 28 grams.

"Stress, fatigue and boredom typically cause people to automatically snack to regulate mood," Professor Hwajung Oh, one of the authors of the study, told Metro.

"Somehow, exercise impacts on mood-induced eating behaviour."

He surmised that exercise reduces stress and al-

leviates boredom. It may also serve as a distraction from thoughts of snacking.

Eating chocolate is unhealthy if it escalates — contributing to weight gain, obesity and diabetes.

"A 15-minute walk is a small dose of physical activity that can be easily achieved," Ho says. "Long term, the results may contribute to not only weight management, but also healthy eating behaviour."

Chocolate

Chocolate is OK in moderation.

► **Cocoa** Dark chocolate, and cocoa in particular, contain flavonoids, which may contribute to heart health. Chocolate also contains a compound called phenylethylamine (PEA), which enhances some brain functions. But, as we know, chocolate also contains a lot of fat and sugar. So enjoy, but only in small quantities.

3

life

Heels



The Journal of Applied Physiology with Griffith University in Australia reported that women who wear short heels for long hours everyday risk shortening their strides and their feet stayed in a pointed position.

● METRO



Research teams making progress collecting critical data on CCSVI: MS society

"All of my kids know that they always have a home. They have given me so much, and my own children are better adults and better parents for having brought the foster children into our home."

LINDA
Foster Parent
for 24 years

I Am Your Children's Aid

For information about fostering or adoption, call 519 455 9000 x 777 or visit www.caslondon.on.ca



Children's Aid Society
La Société d'aide à l'enfance
LONDON & MIDDLESEX

GOING OUT OF

EVERY

MUST MUST

LOWEST PRICES IN CANADA GUARANTEED!

NO REASONABLE
OFFER WILL BE
REFUSED

UP TO
80% OFF

COME NOW! FIRST COME,
FIRST SERVE

BUSINESS SALE

THING

**Cash & Carry
Depot**

MUST GO!

- Food Containers
- Condiments
- Napkins

- Takeout Boxes
- Detergents
- Cleaning Supplies

- Cooking containers
 - Pasta and Sauces
- AND MUCH MORE!**



LIMITED INVENTORY AVAILABLE NOW OR NEVER!

Open 7 days a week
Mon - Fri: 9am - 6pm
Sat - Sun: 10am - 5pm
 (519) 434-4082 www.superdepot.ca

797 York St.
(& Rectory St.)



Something to talk about

► The Springs's buzz is merited thanks to contemporary fare and ambiance

LUNCH RUSH

PAUL MITCHELL
FOOD@METRONEWS.CA



The Springs has been garnering a good reputation since its opening three months ago. An upscale option in a busy neighbourhood, the restaurant's cuisine and ambiance destine it for longevity.

I am immediately greeted by the owner who seats me by the sleek wooden bar. The place is bustling but she takes time to chat and make me feel comfortable.

► **The Springs Restaurant**
310 Springbank Dr.
519-657-1100
thespringsrestaurant.com
Hours: Mon - Thurs (11:30 a.m. - 10 p.m.), Fri (11:30 a.m. - midnight), Sat (noon - midnight)
Licensed: Yes
Quick solo lunch: No
Social lunch: Yes
Co-worker lunch: Yes
Client negotiations: Yes
Price range: \$10 - \$18
Rating: 4.5 out of 5



► Tortiere (\$12)

Modern decor offers bright clean lines and dark floors accented by one older brick wall.

The Pulled Pork (\$12) is recommended but I crave Tortiere (\$12), a traditional Quebecois pie of beef

and mushroom compote.

The meat is ground from quality cuts and encased in a buttery and flaky crust. Pickled carrots and faintly dressed micro greens add fresh acidity to an otherwise

rich meal.

I recognize why The Springs has people talking. It offers an enjoyable menu of familiar yet contemporary fare served in a charming atmosphere by friendly expert wait staff.

Turkey with Avocado



Smoked turkey is layered with avocado for a scrumptious and gluten-free meal that is elegant enough for entertaining, yet simple enough for weekday lunches or dinners.

The healthy fats in the avocado add a creamy texture to the crunchy homemade pickle and savoury smoked turkey.

Preparation:

1 In a medium bowl, place sliced cucumbers. In a small

pot, combine vinegar, sugar, salt, bay leaf, allspice and chili flakes. Bring to a boil over high heat and pour over cucumber slices. Allow mixture to reach room temperature, about 10 minutes. Strain cucumbers, reserving juice.

2 Layer pickles, turkey and avocado and drizzle with reserved pickling juice. Serve with quinoa or brown rice.

THE CANADIAN PRESS/
AVOCADOS FROM MEXICO

Ingredients:

- 190 g (7 oz) smoked turkey
- 1/2 avocado, sliced
- 250 ml (1 cup) English cucumbers, thinly sliced

Quick Pickles

- 50 ml (1/4 cup) white wine vinegar
- 45 ml (3 tbsp) sugar
- 5 ml (1 tsp) sea salt
- 1 bay leaf
- 2 allspice berries
- 5 ml (1 tsp) chili flakes

Casual eats: steak sandwiches

► Easy to prepare, this recipe can be enjoyed alongside some homemade oven fries or a crisp green salad

Preparation:

1 Rub steaks with olive oil and season with salt and pepper. Let stand for 30 minutes.

2 In large heavy skillet, melt butter over medium-high heat. Add onions and thyme and

cook for about 10 minute or until onions are golden. Add red pepper, cook 1 minute. Reduce heat to medium low, stirring occasionally, and cook for about 15 minutes or until peppers are very tender.

3 Meanwhile, heat oven-proof skillet over medium-high heat, add steaks and sear on both sides, about 2 minutes per side or until well browned. Transfer to 180 C (350 F) oven and cook about 5 minutes for medium-rare or until desired doneness. Let rest for 10 minutes before thinly slicing. Alternatively, grill over medium-high heat, turning once, until desired doneness.

4 Slice buns in half lengthwise. Divide

Ingredients:

- 2 strip loin steaks, trimmed (about 250 g/8 oz each)
- 10 ml (2 tsp) olive oil
- 2 ml (1/2 tsp) each salt and cracked black pepper

- 15 ml (1 tbsp) butter
- 2 large onions, sliced
- 10 ml (2 tsp) chopped fresh thyme
- 1 red bell pepper, sliced
- 6 crusty buns
- 75 g (3 oz) crumbled blue cheese or Brie



► This recipe serves six.

steak over each bottom bun and top with onion mixture. Sprinkle evenly with crumbled cheese. Cover with bun

tops. THE CANADIAN PRESS/
HOMEGROWNONTARIO.CA/
RECIPE WAS ADAPTED FOR
METRO NEWS BY EMILY
RICHARDS, A PROFESSIONAL

HOME ECONOMIST,
COOKBOOK AUTHOR AND
CELEBRITY TV CHEF. FOR
MORE, VISIT EMILYRICHARD-
SCOOKS.CA.

The Awesome story of simple pleasures

► Blog nets 100K readers a day by making people happy

ANNABELLE BLAIS
LIFE@METRONEWS.CA
METRO WORLD NEWS IN MONTREAL

How awesome is it to flip to a radio station just as a song you love is starting, to find money you didn't even know you lost, or to realize it's Friday when you thought it was Thursday?

Neil Pasricha knows something about it. In 2008 he began a special countdown. As he was going through a difficult time, he started a blog called 1,000 Awesome Things about simple pleasures in life.

Three years later, the countdown will come to an end this April.

The Canadian author

has since published two bestseller books. His third was released two months ago.

Using his great sense of observation, he writes with humour and a hint of nostalgia.

Bet you can't read his blog without smiling.

How did you get the idea for your blog?

Well, let's be honest, it's getting pretty heavy out there. Pull open a newspaper and it's cruise ships tipping over, wars across the world, rising gas prices, and a jobless recovery.

The Books of Awesome are just an escape from the sad news and bad news pouring down everyday. They're a place where glob-

al warming, terrorist threats, and U.S. election coverage sits backseat to warm underwear out of the dryer, the cool side of the pillow, and popping Bubble Wrap.

How many visitors do you have every day and how many readers in total, so far?

The Book of Awesome has been a New York Times Bestseller, No. 1 international bestseller for 80 weeks, No. 1 bestselling non-fiction book in Canada for 2010 and 2011.

1,000 Awesome Things has won the Webby Award for Best Blog in the world for the past two years. It has over 40 million hits. Over 100,000 people read it each day through the blog,



► Neil Pasricha, a.k.a. Mr. Awesome.

Twitter and Facebook.

Why do you think it became such a big success so fast?

I'm the most surprised! Honestly, when I first started 1,000 Awesome Things I was excited when my mom

forwarded it to my dad and the traffic doubled. Then I was excited when strangers started emailing me and friends and I would say to each other: "You know what's awesome? When there's still time left

on the parking metre! When cashiers open up new lanes at the grocery store! When you get the milk-to-cereal ratio just right!"

I've been extremely flattered by all the notes I get from folks around the world. Cancer patients telling me awesome things remind them of how much joy life really holds. Children writing cute emails telling me they love neighbours with pools and popping Bubble Wrap too, and preachers telling me they read from The Book of Awesome in their churches.

I guess maybe these tiny little moments make a big difference in a lot of our rushed, jam-packed lives.

Maybe these small moments add up to a big deal at the end of the day.



► Charles says to adjust your style of table manners to suit your current location.

TALKIN' ABOUT TABLE MANNERS

CHARLES THE BUTLER



ASKCHARLES
THEBUTLER@
METRONEWS.CA

FOR MORE, VISIT
CHARLES
MACPHERSON.COM

At Christmas, our extended family used different eating styles including Canadian (switching knife and fork), British (fork in your left hand, knife in your right) and Filipino (fork and spoon).

I was taught to use Canadian table manners at home and in restaurants, unless eating at restaurants of different ethnicities. Is this outdated? I noticed that you had an earlier article about someone concerned about a dinner at his boss' house. Do you think that table manners will affect the way that person is perceived? (I personally think so, but again, perhaps I'm old-fashioned.) Also, do I use Canadian table manners when travelling? Thanks for your consideration, Laura Cogill

Dear Ms. Cogill,

As you well know, table manners are a big thing for me, not because I'm such a formal person, but rather because I adamantly believe that we are judged socially and professionally by the way we conduct ourselves at the table.

As to your question, it is absolutely correct in North America to eat in either of the two styles you describe — Canadian (correctly called American style) and British (correctly called Continental

style).

Where Filipino style is concerned (which I just experienced last week while I was in the Philippines), while not wrong to use it in the Philippines or when eating in a Filipino restaurant, it is preferred that American or Continental methods be used while eating in North America.

Remember the expression "when in Rome ..."

HAVE A QUESTION? EMAIL CHARLES AT ASKCHARLESTHEBUTLER@METRONEWS.CA.

QuestChat™
feel the rush

\$25/50min 1.900.677.4444 | Dial #CHAT (#2428) .79/min*
Text "QUEST" to 96669 \$5/10min Free trial not applicable on #CHAT

f questchat.com

TRY IT FREE*
519.439.4444

Other Cities 1.888.482.8282

*18+ RESTRICTIONS APPLY

The ABCs of investing

► Choose the right savings vehicle today to prepare for a better tomorrow



Investing is an important way to save for what matters to you, such as buying your first home or retirement. But with a dizzying number of investment options available, how can you choose where to put your hard-earned cash?

"It's important to take charge of your financial future by gaining the knowledge to create a personalized financial plan that covers investments, retirement planning, tax savings, estate planning and risk management," says Robert McCullagh, a certified financial planner (CFP) and past chair of Advocis, The Financial Advisors Association of Canada. "With so many choices, the right information can make the

difference in your financial success."

A CFP or a financial adviser can explain the various options. In the meantime, review these common investments to determine which is right for you:

RRSP: A registered retirement savings plan is an investment account designed for saving for retirement. Regulated by the Canadian government, RRSPs have special tax benefits. Annual RRSP contributions can reduce the amount of income tax you pay in that year or future years, and the money you put away can have years of tax-deferred growth potential. You only pay tax on the amounts you withdraw.

Mutual fund: These funds let you invest in a group of

broad or specific investments picked by a professional manager. When you put your money in a mutual fund along with many other people, it creates a large pool of money that can be invested. The manager decides where to invest the money, then handles it for all of the investors. The manager will provide clients with advice, diversity and a mandate. For example, if you choose to invest in tech stocks or balanced funds, that's what you will get.

TFSA: Launched in 2009, the tax-free savings account is a flexible general-purpose savings vehicle that allows Canadians to earn tax-free investment returns to help them more easily meet their lifetime savings needs. Canadian residents age 18 or older

can contribute up to \$5,000 annually to a TFSA. Investment income earned in a TFSA is tax free, as are withdrawals

GIC: A guaranteed investment certificate offers a guaranteed rate of return over a fixed amount of time, such as six months, one year, two years or up to 10 years. A GIC may pay a higher interest rate than savings accounts, but not always. You may receive a higher rate of interest for a longer-term contribution, but this will restrict your ability to invest in other things. GIC returns should be adjusted for inflation and be after tax, to reflect real returns. With some GICs, if you need to get your money back sooner, you won't earn any interest; in fact, you may have to pay a fee or penalty.



► Take charge of your financial future by gaining the knowledge to create a personalized financial plan.

Are you tired of the balancing act?



Balancing the uncertainties of life can be overwhelming. Visit mnpdebt.ca today and find out how we can restore financial stability to your life.

For a FREE, confidential consultation, call Melanie Fuller toll free at 310.DEBT (310.3328) or:

London (East):
14-1790 Dundas Street East*

Or one of our 2 other locations in London.

mnpdebt.ca

*Resident Office

Trustees in Bankruptcy & Proposal Administrators
Licensed by the Federal Government of Canada

MNP LTD

Toll Free 310-DEBT

Budget basics to achieve goals

If you are one of the many Canadians who doesn't enjoy watching how you spend your money, you are not alone — even the experts don't try to sugarcoat how exciting it is to keep track of your bottom line.

"Budgets are boring," says Stephen Cox, a certified financial planner with Desjardins Financial Security Independent Network in Halifax. "Most people think of budgets as being restrictive, but they should look at them as a tool that shows what they can afford to do, not what they can't do."

Cox offers the following tips for creating — and sticking to — a monthly budget:

Define and prioritize your goals. The first step is to decide what's important, then set a maximum of three attainable goals with concrete timelines. For example, maybe you want to spend a week in Cuba one year from now. "The more specific you are with your goals, the easier it is to reach them," says Cox.

Track your spending. If you don't have a budget,



► If you don't have a budget, you are likely to spend subconsciously. For one month, jot down every item you buy and how much it cost.

you are likely to spend subconsciously. For one month, jot down every item you buy and how much it cost. Then determine what you needed (groceries) versus what you wanted (Friday night dinners out with friends). Eliminating as many of the "wants" as possible will help you save. "We all work too hard for what we make," says Cox. "It's important to spend it mindfully."

Summon your willpower.

If you are really keen to a vacation in Cuba, you will find a way to make the necessary choices to help you

save. That means making smart spending decisions such as cooking double the amount of your Sunday meal to pack for lunch during the work week.

Don't make excuses. Too rushed in the mornings to make coffee? Can't bear the thought of giving up your daily dark chocolate habit? "When it comes to budgeting, there's an excuse for everything," says Cox. If you are serious about saving, you will set your morning alarm 15 minutes earlier and watch the flyers for when your favourite chocolate goes on sale. ● JANE DOUCET

Caveat emptor

► Do your homework before choosing a financial adviser



JANE
DOUCET
FOR METRO

When you are searching for a financial adviser, it pays to do your homework before signing on the dotted line.

"It's important for people to do their due diligence to protect themselves and their money," says Greg Pollock, a certified financial planner and the president and CEO of Toronto-based Advocis, The Financial Advisors Association of Canada.

Pollock recommends familiarizing yourself with the following points before picking an adviser:

Check credentials. Ask what kind of related education and certification the person has. Are they keeping up with industry standards? "Also, find out

Meet your goals

► In Canada, the industry designation is certified financial planner, or CFP. Those calling themselves financial "advisers" may not be certified. CFPs take a broad view of a client's goals, whether they are one, five or 25 years away. They help them meet their goals by recommending certain products, such as RRSPs, TFSA's or mutual funds.

if they belong to a professional association," says Pollock, who cites Advocis and the Canadian Institute of Financial Planners. If they are a member of one or both, they will be obliged to follow the association's best practices.

Don't rely solely on refer-

als. Word of mouth is a good place to start, but not always reliable, even if someone you trust recommends his or her own planner (think of the Earl Jones and Bernie Madoff investment fraud scandals). "Even if the person has come highly recommended, you should still be objective and do your research," says Pollock. It's also important to find the right fit. Just because your best friend likes her planner's personality and financial strategy for her money doesn't mean you will, too.

Make sure diversification is a priority. Reputable planners won't ask you to put all of your financial eggs in one basket. "That's definitely not the way to go," says Pollock. And if someone can't or won't ex-



► Experts say it's important for people to do their due diligence to protect themselves and their money when choosing a financial adviser.

plain the investments they are pushing, you should take your business elsewhere.

Be wary of lofty promises. If someone promises unrealistic consistent returns, continue your search. "That's not normal be-

cause the markets go up and down, so the results will vary," says Pollock. The same advice applies if an adviser pushes you to invest beyond your comfort zone.

Stay away from confidentiality agreements. If a fi-

nancial planner offers you a special deal or asks you to sign a confidentiality agreement or keep certain information secret, run in the opposite direction.

"That's a big red flag," says Pollock.

"All transactions should be open and transparent."

Get the
financial plan
that's right
for you.

Having the right financial plan may be one of the best things you ever do. A Scotia[®] advisor can help you create a personal financial plan that clearly outlines where you are right now, where you want to go and most importantly how to get there.

A Scotia advisor has the accreditation, training and resources necessary to provide you with valuable insight and advice and sound financial solutions.

Speak with a Scotia advisor for all your financial planning needs. Contact our branch and book your appointment today.

Richmond & Oxford 519-642-2829
390 Springbank Dr 519-471-3893
Masonville Mall 519-667-9752
109 Fanshawe Pk Rd E 519-660-6730
Main Branch 519-642-5056 x 2013

You're richer than you think.[®]



Independent subsidiaries of The Bank of Nova Scotia. The subsidiaries listed include The Bank of Nova Scotia, Scotia Capital Inc., The Bank of Nova Scotia Trust Company and Scotia Securities Inc. Scotia Capital Inc. is a member of the Canadian Investor Protection Fund.

WHY PAY TO SELL?

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA



Congratulations! You've decided to sell your home; one of the biggest decisions you'll make in life. Based on referrals, you interview three realtors and learn that each will charge a hefty commission to market and sell your home.

Feeling irritated by the commission rates? You're not alone. According to ComFree's December 2011 poll of Canadians, 58 per cent of respondents would rather make a purchase from someone who is not working on commission. If you can't justify paying \$15,000 in realtor commissions, you have other options. You can sell your own home privately. To do this,

buy a For Sale sign from the dollar store and hang it on your lawn. Generally speaking, however, if you don't market your home through newspaper ads, Kijiji and online brokerage sites, no one will know it's on the market. The largest risks with this approach are that you may not be equipped with the right information to know how to price, market, and wade through the legalities of selling your home.

Use reduced commission listing services, such as ComFree, which allows you to market your property through its website and brokerage sites like MLS and Realtor.ca. It also provides resources to educate buyers and sellers on their local real estate market and a step-by-step real estate transaction framework. The fees for these services are less than \$1,000 — a fraction of what an average home seller would pay in commission.

Sometimes less is more

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA



What is the secret to financial success? I have the answer — simplicity.

Yes, if you buy gold or real estate before it skyrockets, play the stock market game well or live off the land and save most of your income, you will have financial success.

But how many people can do that? Very few. The alternative is to aim for simplicity in your financial life. In my new book, *Count on Yourself: Take Charge of Your Money*, I go through an easy process of financial closet cleaning in order to prune all the money bits and pieces that clutter up our lives and then organize what is left over.

I call it the KISS approach to money — Keep It Simple Smarty.

No one knows who originated the KISS (Keep It Simple Stupid) principle, but there's no question it was a powerful catchphrase in the 1960s for the U.S. National Aeronautics and Space Administration (NASA), when they were striving to put a man on the moon. That such a complex feat of science and engineering should reference simplicity in the form of KISS is very telling.

I've changed the last word to Smarty because I believe it's smart to keep your financial life as lean as possible.

A typical family will have multiple bank accounts and credit cards, a mortgage, home equity or personal line of credit, as well as car and student loans, not to mention RRSPs, RESPs, and TFSA's to deal with on a monthly



▶ Alison's money rule: Cleaning your financial closet is the first step to taking control of your money.

basis.

Complexity not only makes it difficult to stay on top of your finances but it costs you money in unnecessary fees and duplicated services.

Ask yourself: Do I need those retail credit cards, two chequing accounts with overdraft protection, more than one RRSP or RESP, all those TV channels, call forwarding on my phone? You'll find the pruning process energizing.

When it comes to the investments in your RRSP, for

example, apply the same principle of less is more. Have one investment for bonds, one to cover the Canadian market and one for the U.S. Just three products, plus some cash, and you have a perfect mix.

Keep it simple and you will find it far easier to get control financially and pay closer attention to the money side of your life.

ALISON GRIFFITHS IS THE AUTHOR OF *COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY*. REACH HER AT ALISONGRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM.

GET ORGANIZED!

▶ Lack of time may be a First World problem, but it's a problem nonetheless ▶ Laura Vanderkam, author of *168 Hours: You Have More Time Than You Think*, tells you how to stick to what matters most

1

Figure out what your priorities are

Rushed and torn between professional and personal commitments, we generally have no idea how we spend our time.

"You don't consciously notice it but you're probably checking Facebook up to five times an hour," warns Vanderkam.

"The best way to see if you're spending your time the way you wish is to keep a log of everything you do for a week."

From there, look at how the proportions stack up and what that says about your priorities.

2

Live life week in, week out

Life is often lived one week at a time with next week being a blank slate that will eventually be filled with 'something.' What this something is depends on key decisions you make at different points in your life.

"Imagine next week is a blank space made up of 168 hours. With your priorities in mind, how would you choose to fill it? Figure out what time could be re-deployed from stuff that's not fitting with your priorities over to something that is," suggests Vanderkam.

3

Take control over time

According to Vanderkam, the key to maximizing time is to control it.



"Time and how we spend it is a decision. You don't have to do anything but eat and sleep in order to keep the body functioning." If your excuse for not reading your kids a bedtime story is that you have no time then you're in denial: "it's not that you don't have the time to read to your kids, it's just not your priority," she explains.

4

Never say, 'I don't have time'

Lack of time for 'XYZ' is the all-purpose modern excuse. Speaking to time experts, Vanderkam noticed they never say 'I don't have time' but 'it's not a priority.'

"In order to not have to own up to the fact we're choosing not to do certain things we blame this nebulous other thing, 'time'. You're not getting certain things done because they're not high enough on your priority list, not because you lack the time," she says.

5

Write up the perfect to-do list

"Look at things on a weekly basis and say, 'what are my priorities both professional and personal' then block these in. You only have one life, people think the two are separate but they're not. You don't need to solve everything at once. One week your priority could be a project at work and the week after it could be your sister's wedding. As long as those major priorities get done during the week, you are going to be moving forward at a rocket pace compared to everyone else," explains Vanderkam.



TIP: The moment we acknowledge what things are not high up on our priority list will be the moment we become in charge of how we spend our time. ● METRO

A whole new ball game?

► Comparisons to 2008 Super Bowl unavoidable as Giants and Pats set up shop in Indianapolis

Here we go again.

Four years after what many consider the best finish in Super Bowl history, the Giants and Patriots are facing off once more for the NFL championship. While there are no perfect records on the line this time, this matchup could be equally enticing.

It certainly looks that way heading into Sunday's big game. In 2008, with New England undefeated and having beaten New York in the regular-season finale, the Patriots were 12-point favourites before the stunning 17-14 upset loss. The spread now is three, and the Giants beat New England during the season.

Both teams are on quite a roll, too. The Patriots (15-3) have won 10 straight — it was 18 in a row in '08 — and the Giants (12-7) have five consecutive victories.

All of which matters not a bit to Bill Belichick, who will tie a record for head coaches with his fifth Super Bowl appearance.

"I've been asked about that game for several days now. All of the games in the past really don't mean that much at this point," said Belichick, 3-1 in NFL title games. "This game is about this team this year. There aren't really a lot of us coaches and players who were involved in that game, and very few players, in relative terms, between both teams. We are where we are now, and we're different than where we were earlier



► The New York Giants arrive in Indianapolis on Monday.

in the season. The Giants are where they are now, and I think they're different than where they were at different points of the season."

The loss still reverberates for former Patriots linebacker Rosevelt Colvin.

"To take it back years and years ... I don't think it has too much bearing on anything."

PATRIOTS COACH BILL BELICHICK ON COMPARING THE 2008 SUPER BOWL TO THIS SUNDAY'S

"It was like getting punched in the stomach," he said. "I still can't watch the highlights from that game because of the opportunity we missed out on was so grand."

Having come this far before is immeasurably help-

16

Number of current Giants who played on their Super Bowl-winning team in 2008. Only seven Patriots from that game are still with New England.

ful, according to Justin Tuck, the leader of the Giants defence whose return to health and form has keyed New York's resurgence. He says the experience of four years ago will benefit everyone.

"The only thing that I tell the younger guys is make football football," Tuck said. "There's going to be a lot of parties. There's going to be a lot of people pulling at your coattail. Listen, if you go out there and you handle your business and you win this game, you can party all you want to after that."

"For me, personally, the first time I went to a Super Bowl I approached it as such — as a once-in-a-lifetime thing."

Lawrence Tynes kicked the Giants into the Super Bowl in overtime in '08 and — incredibly — this year, too. Wes Welker led the Patriots with 112 catches that season and had 122 in this one.

Similarities and differences, all juicy elements for Giants-Patriots II.

Here we go again.
THE ASSOCIATED PRESS

4

sports

Quoted



"When Peyton and I talked (last week), we both thought the focus should be on the Super Bowl. We want to focus on the Super Bowl."

COLTS OWNER JIM IRSAY, TRYING TO STEER ATTENTION AWAY FROM QUESTIONS ABOUT QUARTERBACK PEYTON MANNING'S FUTURE WITH THE TEAM.

Argos turn to Rudge to right ship

He's already in charge of making sure the 100th Grey Cup is the best ever. Now Chris Rudge has added the huge challenge of making the Toronto Argonauts relevant again.

Argos owner David Braley announced Monday that Bob Nicholson had stepped down as club president with Rudge taking over as executive chairman and chief executive officer.

And it's not just an interim posting. Rudge, who has

acted as the Argos chairman and alternate governor, will be leading the club after November's Grey Cup game in Toronto.

"I don't mind anyone saying the Argos have slid. ... That's a reality and has been for some time in this town," said Rudge, who is heading up the 100th Grey Cup organizing committee. "We're down the road to changing that."

There was talk in the fall that Nicholson's days with

"Bob Nicholson is a tremendous individual who really cared. ... I'm very, very lucky to have someone like Chris Rudge available to step in."

ARGOS OWNER DAVID BRALEY

the Argos were numbered and that the club was looking for someone more com-

fortable interacting with the media. The Argos missed the playoffs for the third time in four seasons with a 6-12 record in 2011.

"Quite frankly, I've spent my life fixing businesses that were broken," Rudge said. "Not that this is a broken business but this is a business with some huge challenges, but with I think an absolutely terrific upside. I found the opportunity irresistible."

THE CANADIAN PRESS

Rudge's resumé

Chris Rudge was the former CEO of the Canadian Olympic Committee and chairman of the Own the Podium program.

► He held that post through the 2010 Olympics that saw Canada win 14 gold medals in Vancouver, the most by any country in a Winter Games.



Scan code for more sports.

HELP WANTED

General Help

Full Time & Seasonal Positions Available!
Now hiring for all positions. Customer Service, Marketing, Sales, Management. No Exp Req. Students Welcome. **519-913-3140**

Skilled and Technical Help

SKILLED TRADESMEN REQUIRED
Boring mill and vertical lathe operators
Strathroy, London
Call 226-688-6540

Education

RENTALS

Condos, Townhouses & Duplexes Unfurnished

669 SEVILLA PARK PL. - Renovated 3 Bdrm semi with basement, kitchen, bath, drive and yard. No Pets
\$925 519-471-3910

Rooms Furnished

Large, **furnished room**, clean, shared kitchen, shower, close, to downtown & bus route. For MATURE non smoker, inc parking, first & last, \$350.00 mthly Call Ann at **519-663-5212**

Education

Rooms Furnished

ROOMS, bright & cozy, nice area, Close to Westervelt College & Whiteoaks. Share facilities Females preferred
\$350 inclusive 519-686-1367

MERCHANDISE

Merchandise for Sale

TOASTMASTER GRIDDLE
Non-Stick LIKE NEW
16" by 12" \$10.00
519-453-9640

SERVICES

Financial

NO QUALIFYING for home owners subject to equity, no credit checks.
Jerry Bettridge **519-670-4721**
FSCO Lic # 10644

LONDON TAX DEPOTS
Income Tax
preparation with e-file
Year Round Service
Bookkeeping Services

(519) **451-9244**
1141 Highbury Ave
(519) **652-3001**
1830 Wharncliffe Rd S.

HOUSEHOLD SERVICES

Movers

Make the easy move! Sprint Moving Service Bonded, insured, 24/7 services, Rates start at \$60/hour Free estimates
theeasymove.ca (519) 859-4770



LOOKING TO MAKE A CAREER CHANGE?

Read metro^{work} every Monday & Wednesday.

College Boréal
COLLEGEBOREAL.CA

YOUR ONE-STOP SHOP FOR YOUR LANGUAGE AND EMPLOYMENT NEEDS

LINC and ELT English courses are offered to permanent residents and funded by Citizenship and Immigration Canada. These free programs are available to adults over the age of 18 with transportation and day-care support for those who qualify.

Les cours d'anglais **CLIC** et **CLNA** sont offerts aux résidents permanents et financés par Citoyenneté et Immigration Canada. Ces programmes gratuits d'anglais langue seconde sont proposés aux adultes de 18 ans et plus avec la possibilité d'aide financière pour les frais de garde d'enfants et de transport.

519.451.5194

EMPLOYMENT OPTIONS EMPLOI

Looking for a job? Interested in a Second Career or an Apprenticeship program? We can help! Job-search strategies, placement support, resume, cover letters and mock interview workshops.

Vous cherchez un emploi? Vous aimeriez explorer nos programmes d'apprentissage ou de Deuxième carrière? Nous pouvons vous aider! Stratégies de recherche d'emploi, appui dans vos placements, ateliers de rédaction de CV, de lettre de motivation et simulations d'entrevues.

519.672.1562
www.employmentoptionsemploi.ca

Sell Your Stuff For FREE! Call 1-800-527-6767

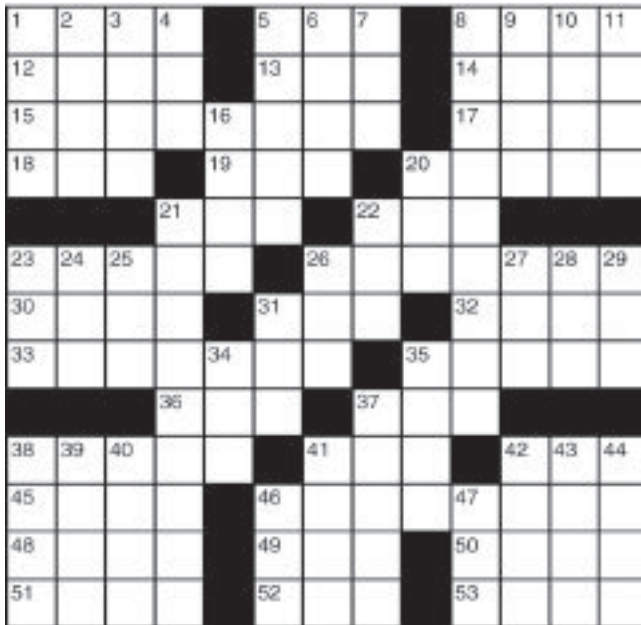
Limited space Available Size 1.535" X .542", Limit 1/day, 2/wk

2 pair new LEVI STRAIGHT LEG Orange Tag Jeans Men size 36 Waist-34 leg \$50.00 for both (519)453-8798	BABY CRADLE - antique, wooden, 1910 era, Excellent Condition \$60.00 OBO 519-348-9490	Cannon Electric Down Riggers Mini-Mag \$350 Mag 10 \$450 Call 519-686-3049	FRIDGE Mini Danby White \$50.00 519-432-6890	Limited spaces avail. Get yours today! Call: 1-800-527-6767 Size 1.535" X .542", Limit 1/day, 2/wk	RCA SELECT VISION VIDEO DISK PLAYER 10+ original movies included \$500 OBO Gloria at gsllt@mail.com
3 bathtub safety grab bars Chrome \$45 519-432-6890	BEDROOM DRESSER w/ mirror ex. condition, w 60"x h 73" \$80.00 OBO 519-348-9490	CHANDELIER - Copper/brass with 4 lights - Antique \$ 200 OBO Please email Gloria at: gsllt@mail.com	FRIDGE AND STOVE \$500 ELECTRIC DRYER \$75.00 Please email Gloria at gsllt@mail.com	MIRROR IN HARPS (tilts) 28 x 23 \$40.00 519-453-8798	STORM DOOR , white aluminum 2 lite, frame, 34"x 79"x 2", RH \$100 519-432-6890
4 IBEX FLANNEL SHEETS QUEEN SIZE New still in package \$10.00 each 519-453-8798	Cadillac Fleetwood 1992 2 tone blue silver Fully Loaded Nice Shape. Selling AS IS 182,000 kms \$1075.00 519-630-5749	DOWNRIGGER CANNON BALLS 7-13 pounds \$35-50 519-686-3049	JAZZ MUSICIANS Private collection 750 LP's, and 25 - 78's Serious inquiries only. 519-453-3945	NEW LARGE DUAL RECLINING LEATHER SOFA Dark Brown, 3 cushion. Compare at \$1699 Asking \$900 519-850-1473	Used Cardboard Boxes Clean, Sturdy suitable for moving or storage Various sizes. Starting at \$2.50 per box Delivery is available (519)671-2183
ANTIQUE SINGER SEWING MACHINE WITH HAND CRANK \$40.00 519-453-8798	Call: 1-800-527-6767 today to book this space! Size 1.535" X .542", Limit 1/day, 2/wk	FISHING LURES SOME STILL IN PACKAGES 12 FOR \$50.00 (519) 686-3049	Jeep Cherokee Aluminum Wheels with new snow tires 235/75 R15 - \$600 519-686-3049	OAK MIRROR with 4 double coat hooks \$200 OBO Please email Gloria at: gsllt@mail.com	Your Free Ad Here! Call: 1-800-527-6767 Size 1.535" X .542", Limit 1/day, 2/wk

Crossword

Across

- 1 "OK"
5 Unruly crowd
8 Trail
12 Creche trio
13 Flightless bird
14 Great Lake
15 Important campaigns
17 Streamlet
18 Beerlike beverage
19 Triumph
20 Choir's rendition
21 Historic time
22 Greek cross
23 Sucker
26 Processions
30 Grand story
31 Moving truck
32 Use an old phone
33 Video-game parlors
35 Irritable
36 Snapshots, for short
37 Ph. bk. data
38 Inexpensive
41 Atmosphere
42 Eggs
45 Highway
46 Soldiers' "pineapples"
48 Differently
49 And so on (Abbr.)
50 Sweater eater
51 Drenches
52 Old soap ingredient
53 Helen's home
- Down**
1 Village People hit
2 Count's counterpart
3 Malaria symptom



- 4 — and hers
5 TV, radio, et al.
6 Portent
7 Greyhound vehicle
8 Convinces
9 Met melody
10 Work the soil
11 Steerer's place
16 Wrong
20 Standard
21 Adventures of a sort
22 Catch some rays
23 Pod dweller
24 Spring mo.
25 Twitch
- 26 — de deux
27 Insult (Sl.)
28 Dine
29 Crafty
31 Annoy
34 Party bowlful
35 Ripped
37 Family member
38 Coxswain's group
39 Pit
40 Right on the map?
41 Bohemian
42 Stench
43 No from the White House
44 Wan

- 46 Toothpaste type
47 Qty.

► Monday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Monday's answer ►



Send a KISS

You can now post your kiss, and read even more kisses, at metronews.ca/kiss.

*My Prince
I am sooooo in Love with you!! I want to wrap my arms around you and never let you go! XO*
FROM YOUR DIRTY GIRL

*tigress
i'd almost sleepwalked away from you, now i'm turning around. my masks are off and its only you in my heart. I want you*
YOUR PASSIONATE, DRAGON PRINCESS

*BK
A day without laughter is a day wasted. Let's never waste another day. I love you*
FROM KC

*MehnerKing
Happy 1 Year Anniversary, Babe! I love you. You're the best babe ever, and you take the best care of me! I love you every minute of every day. You're the hottest. Thank you for all you do. I love you most! xo*
FROM LIL PRINCESS BEAUTIFUL

Today's horoscope

♈ Aries March 21-April 20
Put your worries and woes — such as they are — behind you today and do things that remind you how good it is to be alive.

♉ Taurus April 21-May 21
If you dream about moving up in the world and of being someone special, now is the time to make it happen.

♊ Gemini May 22-June 21
Whatever restrictions you have been under these past few weeks seem to be disappearing fast.

♋ Cancer June 22-July 22
Stick to the facts today, especially when dealing with money matters.

♌ Leo July 23-Aug. 23

Life should be about people, not profits.

♍ Virgo Aug. 24-Sept. 22
If you are not sure which of your many brilliant ideas you should be following at the moment just ask a friend or a trusted colleague for their opinion.

♎ Libra Sept. 23-Oct. 23
You seem to be in an optimistic mood at the moment and that's great because all things are possible at this time of year.

♏ Scorpio Oct. 24-Nov. 22
You are likely to be somewhat emotional today but if it means other people are made aware of your needs then it's a good thing.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♐ Sagittarius Nov. 23-Dec. 21
Even if you say the wrong things today you will get away with it.

♑ Capricorn Dec. 22-Jan. 20
You can and you must turn your attention to matters of a business and financial nature.

♒ Aquarius Jan. 21-Feb. 18
Good things are starting to happen in your life and there will be plenty more of them over the next two or three weeks.

♓ Pisces Feb. 19-March 20
Sometimes you can be rather thin-skinned and there is a danger you will react to provocation today, be it real or imagined.

• SALLY BROMPTON

Caption contest



"It's hard to keep your head above water these days — literally." JAMES



You write it!

WIN! Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in Wednesday's Metro.

NEED A RIDE?
Read metrodrive every Wednesday.

QuestChat™
feel the rush

TRY IT FREE™
519.439.4444

Other Cities 1.888.482.8282

questchat.com

1.900.677.4444 • \$25/50min



HUMBER

The Business School

BUSINESS DEGREES

**4-YEAR DEGREES THAT
ARE BUILT FOR BUSINESS.**

Accounting

e-Business Marketing

Fashion Management

Human Resources Management

International Business

Tourism Management

**be
more**

business.humber.ca

